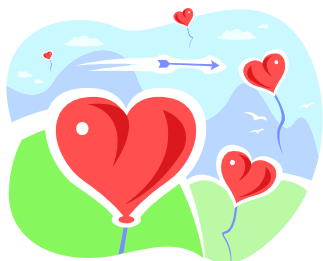


# February Senior Center Gazette 2005

## FEBRUARY BIRTHDAY PARTY

Friday, Feb. 11, 1:30 pm

Entertainment by  
Edna Gamba and the Fremontaires.  
Everyone is invited to enjoy the  
music. Drawing prizes for people  
who have a February birthday.  
Cake, ice cream, & coffee will be  
served.



## VALENTINES DAY CELEBRATION & LUNCH

Monday, February 14, Noon  
Riley's Special "Grilled Petite Filet  
of Beef with Bordelaise Sauce"  
Bring your Valentine for a special  
celebration and meal.  
\$5, \$6, \$7

## BUILDERS FUND ANNUAL MEMBERSHIP MEETING

February 22, 1:00 P.M.  
by Mary Fontes, President

Please join us for this important  
meeting to elect seven members to  
the board and learn what the  
Builders Fund has provided to the  
Senior Center in the past year. If  
you would be willing to serve on the  
board, please call Mary Fontes at  
659-0243 so that your name can be  
added to the ballot.

There will be a proposal on the  
ballot to increase the cost of annual  
memberships from \$5.00 to \$10.00  
per year and life memberships from  
\$50.00 to \$75.00. This change to  
the Builders Fund bylaws must be  
passed by a 2/3 majority vote of  
members attending the meeting.

Continued next column

**Senior Center Closed on  
Monday, February 21 for  
President's Day Holiday**

## COMMUNITY SERVICES

<b>SENIOR SERVICES.....</b>	<b>574-2050</b>
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	<b>574-2082</b>
Tri-City Elder Coalition.....	<b>574-2064</b>
<b>LIFE ELDERCARE.....</b>	<b>574-2090</b>
Caregivers Support.....	<b>574-2035</b>
Home Services Registry.....	<b>574-2095</b>
Meals on Wheels.....	<b>574-2092</b>
Friendly Visitor Program.....	<b>574-2097</b>
<b>TRANSPORTATION ASSISTANCE</b>	
AC Transit Information*.....	<b>511</b>
City of Fremont Paratransit Program.....	<b>574-2053</b>
East Bay Paratransit Program.....	<b>1-800-555-8085</b>
<b>HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....</b>	<b>494-4500</b>
<b>LEGAL ASSISTANCE FOR SENIORS.....</b>	<b>1-800-393-0363</b>
<b>SOCIAL SECURITY.....</b>	<b>1-800-SSA-1213</b>
<b>MEDICARE.....</b>	<b>1-800-952-8627</b>
<b>MEDICARE &amp; INSURANCE COUNSELING (HICAP).....</b>	<b>839-0393</b>
<b>TRI-CITY HEALTH CLINIC.....</b>	<b>713-6685</b>
<b>SENIOR LIBRARY SERVICES.....</b>	<b>745-1499 or 745-1491</b>
<b>SENIOR PEER COUNSELING.....</b>	<b>574-2063</b>
<b>ALZHEIMER ASSOCIATION HOTLINE.....</b>	<b>1-800-660-1993</b>

\*511 is a new toll-free voice activated phone service. Call 511 for information  
on AC Transit BART, road conditions and trip planning.

**Builders Fund Meeting Continued**  
To be eligible for the \$50.00  
membership prizes and the Quilt,  
your membership donation must be  
made before Friday, February 18,  
2005. You may make your donation at  
the Senior Center Office. Your  
payment "coupon" is your "ticket"  
which will be used for the drawing.

## GRIEF SUPPORT GROUP FOR SENIORS

Weekly on Tuesdays  
2:30-3:30 pm

Family Resource Center  
39155 Liberty Street  
Mediterranean Room

This group is appropriate for seniors  
who have experienced a loss that is  
significant to them. Examples include,  
but are not limited to, death of a loved  
one, loss of ability to do favored  
activities, diagnosis of a chronic illness  
that changes the way one lives, etc.

Sign up at the Senior Center Office  
or call Farida Denson, 790-6618  
No cost, donations appreciated.

Aging & Family Services Division  
Human Services Department

## AARP INCOME TAX HELP

Appointments start on Feb. 1. Sign  
up early for help on Tues. at 10, 11  
& 12, Thurs. at 9, 10, 11, & 12, and  
Fri. at 1, 2, & 3 pm until April 15.



## INTERNATIONAL FOOD FESTIVAL

Wednesday, March 2, Noon

\$5 Senior Center Members  
\$6 non-member seniors  
\$7 "youngsters" under 55

Join us for the Annual Senior  
Center International Food Festival  
with delightful dishes from many  
different countries. Want to try an  
Indian Curry, Italian Pasta, treats  
from Pakistan, sweet & sour tastes  
of China? Purchase your tickets  
early. Call the Senior Center Office  
at 790-6600 for information or if  
you would like to sign up to donate  
food from your favorite country.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.